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GET INTO GWYNETH'S PANTRIES

NO COFFEE. NO BREAD. NO FUN? IT'S ALL GOOD, SO SAYS PALTROW'S NEW COOKBOOK PAGE 11

Using yogurt to save lives?

London researchers say they've developed a new yogurt aimed at fighting everything from fungi to pesticides PAGE 5

NEWS WORTH SHARING.

Knights, Leafs, Habs, oh my!

The playoffs. Sports bars feeling hockey punch

MARK SPOWART
london@metronews.ca

When you cheer, who do you cheer for?

Green and gold? Blue and white? Bleu blanc rouge?

Walk into any London sports bar these days and you are likely to be surrounded by a sea of colours.

With the Knights vying for the OHL championship and the Leafs and Canadiens in the midst of playoff runs, bars have become practical Pantheons of the rink.

For a hockey season that got off to a dismal start, this one's going out the exact opposite.

"We have Leaf fans, we have Habs fans, Red Wings fans, and then late night with Vancouver," said Ron Scarfone, general manager at Joe Kool's. "We always get our core (patrons), but (when) the playoffs started last week, we were filled right up."

With the Maple Leafs lacing skates instead of golf shoes for the first spring in nine years, it's no doubt doubled the fun and the crowds.

All told, playoff season is shaping up as a chance to air multiple games on multiple screens and, of course, an opportunity to hear multiple cash registers ring.

With three hockey games slated to start at pretty much the same time Monday, Oarhouse manager Tony Avola was hoping people trying to catch all the action would land at his bar.

"They can just look in the same direction and see (all the games at once)," he said.

The Joe Kool's staff has been catering to the hockey crowd for 30 years and has a pretty good read on where London's true allegiances lie.

"I would say we are (a) pretty big Knights town," Scarfone said when asked which team has the most fans.

"But, the Leafs fans are going to let you know they are here," he added. "They have their jerseys all over the place."

How big's the base?

- Ask the folks at Joe Kool's how big of a hockey town London is, and they're quick to tell you a tale.
- In 2005, when London hosted the Memorial Cup, it was the busiest 10 days in the bar's three-decade history, general manager Ron Scarfone said.

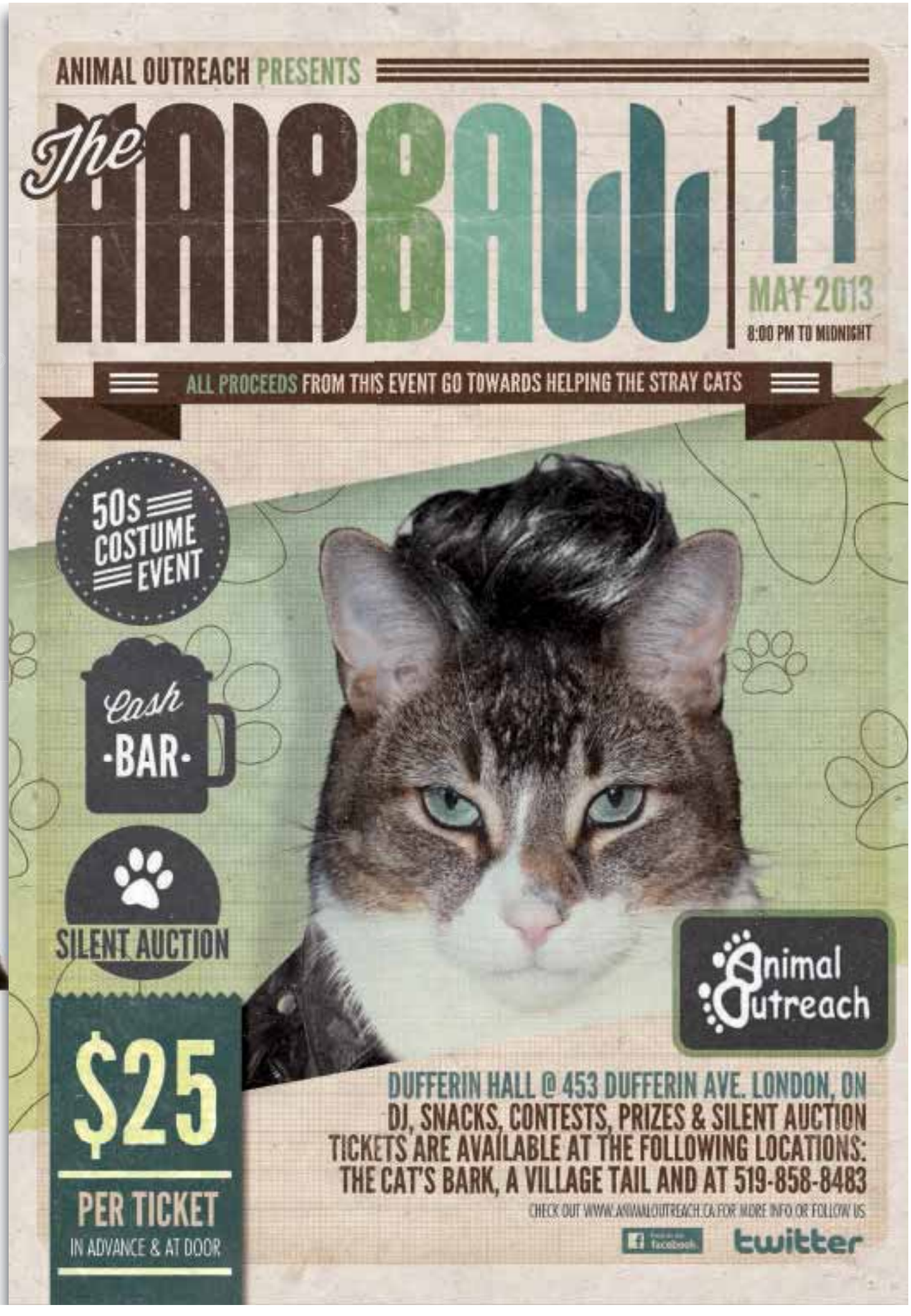
From bottom left: Londoners Nicholas Borg, Colin Gowdy, Noland Edmonds and Joel MacDonald, all 20, hoist their beers Monday at the Ale House before the start of the Maple Leafs game against the Bruins. The long-time friends and Leafs fans were too young to be in a bar the last time the team was in the playoffs. MARK SPOWART/FOR METRO

For coverage of the London Knights' Monday game in Barrie, turn to page 4.

Cats, cats, cats... They're everywhere in our urban and rural environments... And so are the people who care and want to help. Twelve years ago Animal Outreach Cat rescue began to do formally, what as individuals we had been doing our whole lives, make a positive difference for our furry felines. We developed a mandate and a set of guiding principles. We set about to rescue strays from the streets and find them their forever homes.

Everyone can do something to help: donate, adopt, foster, come out to support events.

This leads to our upcoming, exciting event **The Hairball**. Come out to our 50s costume ball. All proceeds go towards helping our homeless feline friends!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Health

Labels on diluted chemo drugs not accurate: Medbuy

An organization that arranged a contract with a company that supplied diluted chemotherapy drugs to cancer patients says the labels on the drugs didn't accurately describe their contents.

Officials from Medbuy, which arranged the contract between Marchese Hospital Solutions and four Ontario hospitals, say the company should have provided exact specifications on its labels. London Health Sciences Centre was one of the hospitals affected.

Medbuy representatives told a legislative committee Monday that the pharmacist overseeing the production of the saline-and-drug mixtures should have accounted for the extra saline in the bags. THE CANADIAN PRESS

Force an election?

NDP still mum on budget support despite feedback

People are swamping a toll-free hotline and a website set up by Ontario's New Democrats to gather feedback on whether or not to support the minority Liberal government's budget or force an election, NDP Leader Andrea Horwath said Monday. Some in the NDP caucus feel the government should be defeated for spending at least $585 million to cancel gas plants to save Liberal seats in Oakville and Mississauga, but others want to support a budget that addressed many of their party's concerns. TORSTAR NEWS SERVICE

Building permit. Value slips in London area

The value of local building permits issued between March 2012 and March of this year fell nearly 30 per cent, according to a new Statistics Canada report.

Several other areas, including Hamilton, Windsor and Kitchener, posted larger declines during the period, but London's numbers have been sliding downward almost monthly since last spring.

Locally, permit value fell about six per cent — to $55 million from about $59 million — between February and March alone.

Provincewide, the value of permits dipped about 16 per cent year over year through March. METRO

Value

$175.8

Value of building issued since January in the London area. *Source: Statistics Canada*

Western. Neuroscientist on par with Darwin, Einstein, peers say

A Western University researcher is about to rub elbows with some of the biggest names in science.

Melvyn Goodale has been elected to the Royal Society, joining the likes of Sir Isaac Newton, Charles Darwin, Albert Einstein and Stephen Hawking.

Goodale is a visual neuroscientist best known for his research on the human brain and his study of how neurological patients use their eyes to control body movements.

Along with his research efforts, Goodale has helped develop Western's graduate program in neuroscience and the university's Brain and Mind Institute. METRO

Patio program wins support, extension

Welcome back, sunshine. City staff, politicians throw support behind expanding outdoor dining

MARK SPOWART
london@metronews.ca

London's parking-spot patio program is one step closer to becoming a reality and being extended to include the Old East Village.

Council's civic works committee gave the preliminary OK on Monday to rules governing what started as a one-year trial in downtown in 2012. Full council will weigh in May 14.

"On the balance, I think that this is a really healthy business idea for the downtown core," said Coun. Paul Van Meerbergen, who chairs the committee.

Coun. Stephen Orser made Monday's push to see the effort include Old East.

"There are stores there right now that if they had this opportunity their intent would be (to get a permit)," he said.

The program, which city staff wants to see extended to a three-year trial, allows businesses to rent parking spots from the city and set up elevated patios. It's aimed at restaurants that are prevented from having sidewalk dining because it takes up too much space under city bylaws.

While it only had two participants last year — Jambalaya on Dundas Street and The Early Bird on Talbot Street — city staff said they've fielded more requests this year.

Kevin Greaves, Jambalaya's owner, already has his patio ready to roll. He's hoping for good things.

The bounds

Under a proposal greenlighted Monday by council's civic works committee, parking-spot patios would be allowed:

- In Old East Village; on Dundas Street from Wellington to Talbot; on Carling Street from Richmond to Talbot; On Talbot Street from Dundas to York

Kevin Greaves, owner of Jambalaya restaurant (119 Dundas St.), kicks back Monday on the patio outside his business. The patio is in a parking spot, a program Greaves helped test last year. MARK SPOWART/FOR METRO

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Leroux. Knights tough guy was all smiles and a double winner on Sunday

Paxton Leroux CONTRIBUTED

Paxton Leroux didn't play a shift of hockey on Sunday, getting healthy-scratched because teammate Josh Anderson had been cleared to return to the lineup.

Yet, 24 hours later, he couldn't wipe the smirk off his face.

"I've had a smile on all day," said the London Knights tough guy, through a toothless grin.

Why so smiley, Mr. Leroux?

Well, two teams he's associated with won monster games Sunday night.

First, the Knights claimed Game 2 of the OHL final, 4-2, over the Barrie Colts. Then, about a half hour later, his previous club, the London Nationals, won Game 7 of the Sutherland Cup final — also by a score of 4-2 — over the Cambridge Winter Hawks.

"I know how hard they work and how much preparation went into the playoffs," Leroux said of the Nats, who hoisted the provincial Jr. B trophy for the first time in franchise history.

Including Leroux, four members on the Knights playoff roster, as well as assistant coach Jeff Paul, are past Nats. However, Leroux is the only guy to be part of both teams this season.

JOHN MATISZ/METRO

Controversy. Knights brass, OHL disagree on divisive Game 2 hit

Anthony Camara's check on Max Domi in Sunday's Game 2 has sparked some good ol' controversy.

London Knights head coach Dale Hunter saw it one way, the Ontario Hockey League saw it another.

Camara, the 19-year-old Barrie Colts power forward who received a five-minute major and a game misconduct on the play, charged at the Knights dangler midway through the third period.

During a post-game press conference, the bench boss expressed his opinion, calling the play regrettable and hinting strongly it was a suspension-worthy offence.

"It was a hit you wish he'd take back," Hunter said. "I watched the replay on it and he left his feet and he hit the head." JOHN MATISZ/METRO

Official ruling

- **Punishment.** The OHL has decided that the on-ice punishment fit the crime for Anthony Camara's Sunday check on London Knight Max Domi.

London Knights defenceman Olli Maatta chases Barrie Colts forward Andreas Athanasiou near the blue-line during first-period action in Monday's Game 3 at the Barrie Molson Centre. JOHN MATISZ/METRO

Colts break Knights down in Game 3

Loss. Weak goaltending, line-matching leads to London's 6-3 defeat

JOHN MATISZ
john.matisz@metronews.ca

Don't think home ice is an advantage to the Barrie Colts?

Think again.

With the last change in Monday's Game 3, the Colts managed to break the London Knights down.

Having the upper hand prior to each puck drop allowed Barrie's best players to roam free.

The result was a 6-3 Colts victory at the Molson Centre. The Knights now trail the best-of-seven series, 2-1.

While Barrie's offensive leader, Mark Scheifele, recorded five points (two goals, three assists) in the win, it was his linemate Zach Hall who had a true breakout game, posting his first points (two goals, assist) of the final.

Ex-Knight Andreas Athanasiou also scored. He has three markers in as many games.

London's towering presence in net, usually stone-solid Philadelphia Flyers prospect Anthony Stolarz, let in two of Barrie's first seven shots. By its 21st shot, the Colts had sniped four past Stolarz's wickets.

His counterpart, Mathias Niederberger, was good when he needed to be, turning aside 26 in Barrie's cage. Stolarz, coincidentally, stopped the same amount.

Following a 2-2 first period in which Ryan Rupert and Olli Maatta scored for the visitors, Barrie potted the lone goal in the middle frame. Hall's seventh of the post-season came on the power play 4:12 into the period.

The teams traded goals in the third up until an empty-netter from Scheifele.

The OHL final resumes Wednesday in Barrie. Game 4 starts at 7:35 p.m.

KNIGHTS WATCH
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New yogurt could save lives abroad, London researchers say

Fighting toxins.
Scientists vying for $100,000 grant to prove their theory

ANGELA MULLINS
angela.mullins@metronews.ca

Fighting off toxins making their way into the world's food supply could be as simple as slurping down a few cups of probiotic goodness.

So say Lawson Health Research Institute scientists who have developed new yogurts aimed at counteracting the potentially damaging punch of everything from fungi to heavy metals to pesticides.

"The idea is that even if you did ingest some of the toxin, if you had yogurt at the same time, the toxin would (stick) to the yogurt," explained Gregor Reid, a Lawson researcher and microbiology professor at Western University.

Once stuck, the toxins can follow the same path as pretty much everything else we eat. They get digested and, quite simply put, "you'd poop it out," Reid said.

Reid and his team are trying to secure a $100,000 grant from Grand Challenges Canada to put one of their newest products through human trials in eastern Kenya.

People in the African country are battling aflatoxins — chemicals created by a specific fungus prone to grow on corn.

The toxins can lead to liver failure and, in up to 40 per cent of acute cases, death, according to the U.S. Centers for Disease Control and Prevention.

If the human trials prove successful, the yogurt could prove a life-saving treat, Reid said.

About the grant

Grand Challenges Canada is a program operated through the government's Development Innovation Fund.

- To receive money, researchers must compete with others for votes, which means the folks at LHRI need a little help from Londoners.
- Votes can be cast through May 31 at applications.grandchallenges.ca.
- The local effort is currently in a neck-and-neck race with a Toronto project for first place.

Scientist Gregor Reid is pictured with children in Mwanza, Tanzania, on the steps of a community kitchen launched as part of a Western University program. The kitchen is one of several sites serving probiotic yogurt similar to the one researchers are hoping to test in neighbouring Kenya. CONTRIBUTED

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Sheepskates? University counting coins instead of sheep after budget sheared

The University of Saskatchewan is looking for someone to buy their flock of 300 sheep as recent cutbacks are forcing them to relocate the animals.

According to Mary Buhr, Dean of the College of Agriculture and Bioresources, it costs the U of S roughly $100,000 annually to keep the flock on campus. And while other livestock bring in research dollars to help offset their costs, the flock brings in little funding.

"We have dairy cattle, we have beef cattle, we have turkeys, we have chickens and we have the sheep. When we look at the expenses ... (the sheep) are used for some teaching, but we don't get a lot research done with them."

To meet the needs of students and researchers, the school will borrow small groups of sheep for limited periods.

For sale: 300 head of prime sheep. CONTRIBUTED/UNIVERSITY OF SASKATCHEWAN

Fiona C. Buchanan, who taught the Sheep and Goat Management course, feels the sale will have a negative effect.

"The students that went through this year's sheep and goat course will have a much better experience than people in the future," she said.

MORGAN MODJESKI/ METRO IN SASKATOON

Oppan Canada. Gangnam Style? Oh, you're welcome, South Korea: Minister

A senior Conservative cabinet minister says if it wasn't for Canadian soldiers who risked their lives fighting communism, the world might never have had the last year of goofy, unadulterated joy dancing to Gangnam Style.

In an interview broadcast on Radio-Canada on Sunday, Veterans' Affairs Minister Steven Blaney said the hit song by South Korean singer Psy would have never been possible if international forces hadn't vigorously defended the country against communist North Korea in the war that ran from 1950 to 1953.

Blaney's comments came after a ceremony in Quebec City to honour naval veterans who took part in the blockade of Nazi Germany.

A government official said the remarks came in a question period with reporters, in which Blaney described a recent trip to South Korea.

TORSTAR NEWS SERVICE

Special thanks to...

"There wouldn't be a Gangnam Style if we hadn't had the sacrifice of Canadians, members of the United Nations."

Veterans' Affairs Minister Steven Blaney

Vienna

Camels, llamas crash soccer game

A galloping group of circus animals sent players running when they invaded a soccer match in Vienna being played by two under-15 girls' teams.

State broadcaster ORF reported that five camels and eight llamas escaped by pushing over a fence. The animals were swiftly rounded up after they tried to graze on the artificial grass. THE ASSOCIATED PRESS

Southern Alberta

Man pleads guilty to self-abduction

A man from southern Alberta has pleaded guilty to public mischief for staging his own abduction early this year.

Matthew Robillard, 25, of Lethbridge disappeared on Jan. 31. His car with a smashed window was later discovered running in an industrial area. Investigators received a phone call from him a few days later.

THE CANADIAN PRESS

Legless man begins his 300-km odyssey

We Walk 4Water.
Edmonton-to-Calgary journey will raise cash for clean drinking water

PATRICK NGUYEN
For Metro in Edmonton

After climbing Mount Kilimanjaro last summer to raise money for clean water, legless motivational speaker Spencer West began a new charitable journey on Monday, this time in Alberta.

West kicked off We Walk 4Water at Johnny Bright School in Edmonton, speaking to more than 1,000 students, teachers and parents.

At the age of five, West lost both of his legs to sacral agenesis, a genetic disorder, and doctors said he would never be a functioning member of society. He credits this verdict as one of his main motivators, and it's led to one of the main messages he sends.

"Recognize that we all have the ability to make a difference in the world, regardless of who you are or where you come from," said West.

When asked about his cause, West said, "Clean water is really the key to everything. So if we can provide clean water, then (children) can focus on education, they can focus on living their life."

West will be making the 300-kilometre walk on his hands and in his wheelchair with best friends David Johnson and Alex Meers, stopping at many towns along the way.

Spencer West, centre, flanked by best friends David Johnson and Alex Meers, about to begin their walk at Johnny Bright School. PATRICK NGUYEN/FOR METRO IN EDMONTON

Spencer will finish the We Walk 4Water trek on May 16 in Calgary, stopping at local schools every weekday during the trip.

For more

Follow the journey online at metronews.ca

Brothers in arms

West won't walk alone

West will be joined by Canadian singer Nelly Furtado; Free The Children co-founder Craig Kielburger; and Aislinn Paul and Munro Chambers of Degrassi.

Kielburger called his organization "the world's largest network of children helping children," referring to their challenge for every student to raise $25, enough to provide someone with clean water for life.

Arctic Ocean? Or Acidic Ocean?

An international study suggests greenhouse gases are acidifying the Arctic Ocean at a faster rate than any of the world's southern seas.

However, so little is known about northern waters that educated guesswork is the only tool scientists have to predict the impact.

"It's really frustrating from the biological point of view because we don't have much information," said Sam Dupont, one of the report's 60 authors, from Sweden's University of Gothenburg.

But there will be effects, said co-author Rashid Sumalia, a University of British Columbia researcher. Commercially important species such as Arctic char and cod are in danger.

The report, the first on Arctic acidification, will be presented next week at a meeting of the Arctic Council, a group of eight countries that ring the North Pole. Canada will assume chairmanship for two years at that meeting.

Ocean acidification occurs when carbon dioxide is absorbed by the water. The dissolved gas forms a weak acid.

The process is more pronounced in the Arctic, the study concludes, because cold water absorbs CO2 more easily.

The result is that some Arctic waters are already so acidic that sea creatures will likely have trouble building shells, which are made of highly alkaline calcium carbonate.

THE CANADIAN PRESS

That ain't frostbite

30%

Oceans around the globe have became an average of 30 per cent more acidic over the last 200 years, the report suggests.

App to help vets cope with PTSD

Mental Health Week. Mobile tool gives users details on symptoms, support, coping skills

Veterans Affairs Minister Steven Blaney shows off a new mobile app in Toronto on Monday for those with PTSD. THE CANADIAN PRESS

The roll-out of a new smartphone app and money for a two-year study should go some distance toward helping Canadian veterans and others cope with post-traumatic stress disorder, the federal government announced Monday.

The initiatives should also help families of vets, Veterans Affairs Minister Steven Blaney said in making the announcement at the start of Mental Health Week.

"Our government recognizes the seriousness of PTSD among veterans and Canadian Armed Forces personnel and its impact on their families," Blaney said. "These important initiatives ... will assist us in addressing the mental-health needs of those who sacrificed so much for their country."

Dubbed PTSD Coach Canada, the app — available through the iTunes store and Android Market — gives users information on PTSD, self-assessment for symptoms, information about professional health care, and where to find support.

It also includes tools ranging from relaxation skills and positive self-talk to anger management that can help users manage symptoms and the stresses of daily life. THE CANADIAN PRESS

Wind and solar farms

WTO rules against Ontario's green energy legislation

The federal and Ontario governments are reviewing a ruling by the World Trade Organization that made-in-Ontario provisions of the province's green energy laws contravene international guidelines.

But there are no immediate plans to change the legislation, Ontario Energy Minister Bob Chiarelli said Monday. The legislation has created tens of thousands of jobs in the province, he said, but wouldn't say whether the WTO ruling could grind that to a halt.

Japan first brought the case in 2010, arguing that a provision requiring made-in-Ontario parts for wind and solar farms breaches international trade law. THE CANADIAN PRESS

Market Minute

DOLLAR
99.32¢
(+0.09¢)

TSX 12,453.92 (+15.89)

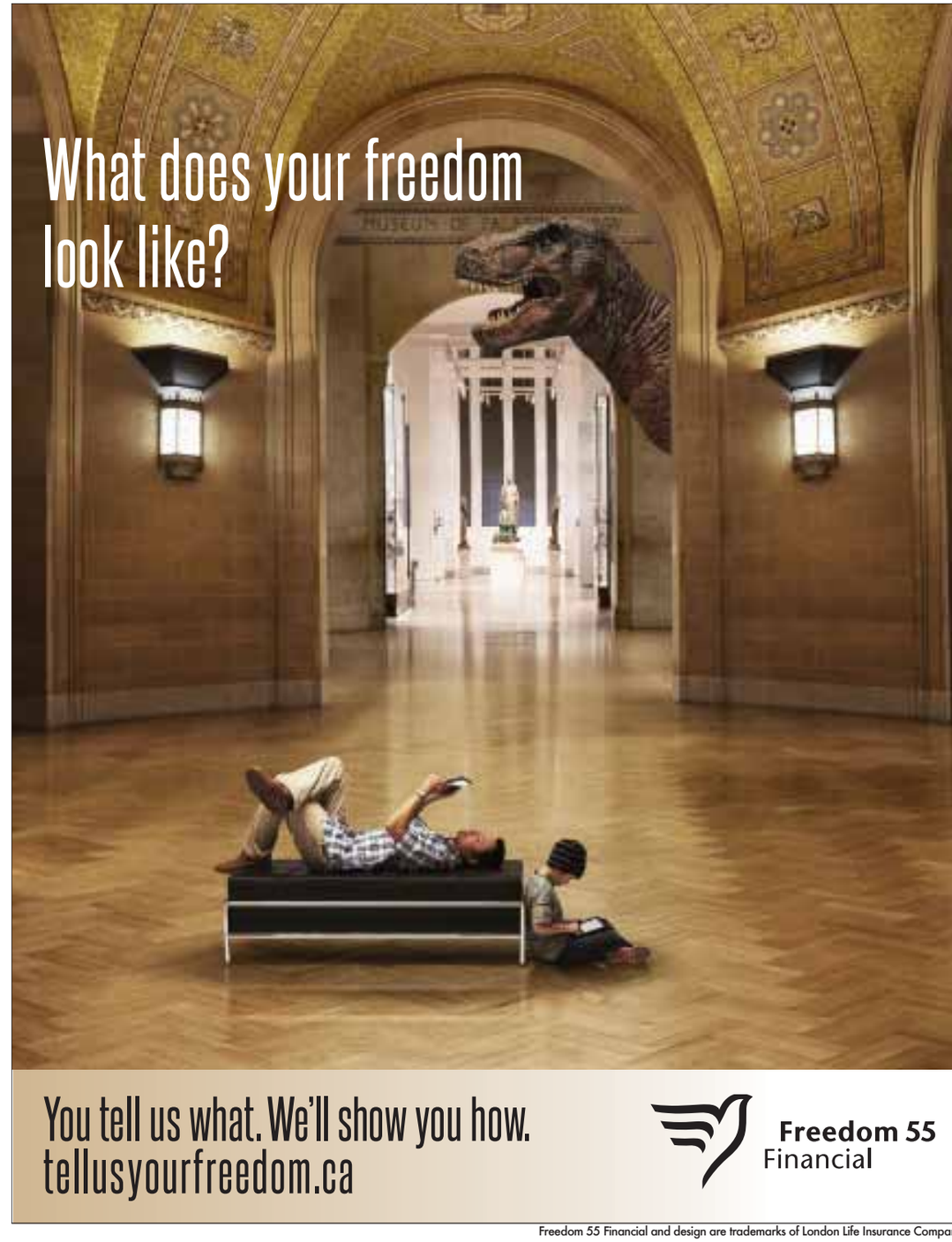
OIL $96.16 US (+55¢)

GOLD $1,468 US (+$3.80)

Natural gas: $4.03 US (-1¢)
Dow Jones: 14,968.89 (-5.07)

No need to let the pharmacist know what's up: Pfizer starts direct Viagra sales in U.S.

Men who are bashful about needing help in the bedroom no longer have to go to the drugstore to buy that little blue pill. In a first for the drug industry, Pfizer Inc. will begin selling its erectile dysfunction pill Viagra — pictured here on top of counterfeit pills — directly to U.S. patients on its website. Men still will need a prescription to buy the pill on viagra.com, but they no longer have to face a pharmacist to get it filled. The strategy aims to tackle a problem plaguing the industry: Unscrupulous online pharmacies increasingly offer patients counterfeit versions of Viagra and other brand-name drugs for up to 95 per cent off with no prescription needed. The plan to sell directly to consumers will not extend to Canada, a spokesperson for Pfizer Canada said Monday. WILLIAM VAZQUEZ/PFIZER/THE ASSOCIATED PRES



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DON'T ASK ME TO PAY FOR YOUR WEDDING

SHE SAYS

Jessica Napier
metronews.ca

Stag and doe, Wedding social, Jack and Jill — call it what you will, but the concept is generally the same.

If you are of a certain age, chances are your Facebook feed is littered with party invites to events designed to help raise money for a newly engaged couple's upcoming wedding. These pre-wedding fundraisers are a time-honoured tradition in certain parts of the country — particularly in Manitoba, where hosting a "social" before the big day is the norm.

Friends and acquaintances are invited to a local hall or community centre and are expected to cough up cash for entrance fees, drink tickets, raffle prizes and money-making games like dollar dances. Profits go to the bride and groom to help pay for wedding expenses or their honeymoon.

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees. Some might say there's no harm in getting together for some good old-fashioned fun to help out friends; especially if the party isn't that much more expensive than an average night out at a bar. Others argue that crowd-funding your wedding reception is tacky.

While wedding etiquette is always up for debate, something about this blatant money-grab leaves a bad taste in my mouth. I'm all in favour of for-profit partying for a good cause, but if you have to fleece your friends and family for cash to pay for your wedding photographer, then perhaps you need to re-evaluate the budget for your big day.

Couples ask their wedding guests to open up their wallets plenty of times leading up to the I-dos — for bridal showers, bachelor and bachelorette parties, wedding gifts, travel expenses and more. But asking these same guests (and worse, people who aren't even invited to your wedding) to help generate the cash to fund your elaborate centerpieces just seems tasteless.

A wedding can be as cheap or as expensive as you want it to be; in the end it's all about priorities. Financial support might come from the bank or maybe your parents, but ultimately it is the couple themselves who should take care of their own expenses. Adults shouldn't decide to have a wedding — or a certain type of wedding at least — unless they're prepared to take on the financial responsibility.

If you don't have enough money for that particular Swarovski-crystal encrusted gown or that extra layer of cake, then you make compromises or wait until you're more financially stable; you don't turn to friends and family and ask them to bankroll your big day.

Customary maybe, but is it right?

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Brood II: 17 years in the making

UNIVERSITY OF CONNECTICUT, CHRIS SIMON/THE ASSOCIATED PRESS

Billions to emerge from earth — but don't worry!

Any day now, billions of cicadas with bulging red eyes will crawl out of the earth after 17 years underground and overrun the East Coast. The insects will arrive in such numbers that people in the southern state of North Carolina, to Connecticut in the northeast, will be outnumbered roughly 600-to-1 — maybe more. Scientists even have a horror-movie name for the infestation: Brood II. But as ominous as that sounds, the insects are harmless.

THE ASSOCIATED PRESS

Putting the 'cad' in cicada

They're looking for just one thing: sex. And they've been waiting quite a long time.

The males come out first. They perch on tree branches and sing, individually or in a chorus. Then when a female comes close, the males change their song, they do a dance and mate. The males keep mating ("That's what puts the 'cad' in 'cicada,"' entomologist Mike Raupp jokes) and eventually the female lays 600 or so eggs on the tip of a branch. The offspring then dive-bomb out of the trees, bounce off the ground and eventually burrow into the earth, Raupp says. THE ASSOCIATED PRESS

Click bait

HANNAH ZITNER
hannah.zitner@metronews.ca

With marathon season now in full swing, runners — from ultra-marathoners to couch-to-5K'ers — are lacing up and hitting the pavement. Whether you're chasing the runner's high to qualify for Boston or just trying to get in shape, there's no shortage of online hubs to keep you on track.

Draft Magazine:

As the name suggests, this site isn't wholly about running — but not all runners are puritanical all the time. For runners whose idea of interval training is sprint, drink, rest, repeat, The Beer Runner blogs about PB (personal bests) as well as PBRs. (draftmag.com)

iRunner:

iRunner sets itself apart from other blogs in the jog-o-sphere with its bi-montly Twitter chat. Though the site covers the usual topics, from ramping-up speed to post-race recovery, #RunChat gives you a bit of face-time with the brains behind the blog to get your real questions answered. (iRunnerblog.com)

Daily Mile:

Kind of like a digital run club, the Daily Mile is a community of runners (cyclists and triathletes welcome too) sharing tips, routes and work-outs. Don't want to join the club? You can still read refreshing run reports from featured 'Daily Miler's of the Week.' (dailymile.com)

Tweets

@metropicks asked: Montreal held its first-ever gathering of red-heads, which attracted hundreds of participants. Who should be the community's ambassador?

@shaunmajumder I'm sure he secretly is a redhead. **@FrenchmanCanada**

anne of green gables **@lyinatnight**

Carrot Top. Nuff said... **@ruggles79**

Eric Cartman, obviously **@marcuscarab**

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
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DVD reviews

Jack Reacher

Director. Christopher McQuarrie

Stars. Tom Cruise, Rosamund Pike, Richard Jenkins

●●●○○

Tom Cruise plays a vigilante anti-hero drawn from a novel series by the author Lee Child, books so pulpy they almost leave juice stains on the pages. Jack Reacher is an ex-cop, ex-military hard nut who travels by bus around America, violently defending the weak and innocent against the strong and culpable. Blunt as a fist (his preferred weapon) and resistant to romance, Reacher is also something of a phantom, erasing his tracks and severing personal ties. The story by writer/director Christopher McQuarrie is about bringing a crazed sniper to justice, albeit a "justice" not concerned with the civility of law. Cruise makes a convincing Reacher, despite standing a good nine inches shorter than the man's 6-foot-5 height in the novel series. More important, Cruise stands and delivers, making you believe that he can take on five guys in a parking-lot brawl while barely cracking a sweat. The film bloats at times, but Cruise doesn't.

Upstream Color

Director. Shane Carruth

Stars. Amy Seimetz, Shane Carruth, Andrew Sensenig

●●●●○

Like his Sundance-winning 2004 debut Primer, Shane Carruth's new film has elements of sci-fi but intentions far beyond it. Amy Seimetz and Carruth play victims of a bioterror plot that leaves them near death, utterly confused and their bank accounts drained. There's more, much more. There's emphasis on Thoreau's book Walden and Civil Disobedience that hints at the film's man/nature life cycle, and also recurring symbols (worms, pigs, orchids, circles and colours) that will fascinate book scholars and semioticians.

PETER HOWELL

Robert DeLong just has that 'X' factor

Revenge of the nerd. Don't call Electronic Dance Music's new king a DJ. The 26-year-old is out to prove that dorks rule

RICHARD PECKETT
Metro World News

Dubbed the "thinking man's Guetta," Robert DeLong's rehearsal space is strewn with techy paraphernalia. Beyond the instruments, there's the weird stuff: a joystick and Wiimote rigged to laptops and vines of entangled cabling. It's like being invited to the weird kid's house who's already started experimenting with homemade bongs — disconcerting but alluring. This is Robert's den, a paradise for techy junkies. If you're wondering what he gets up to with his joysticks, watch and listen to the Happy track — fast and furious fingering for your aural pleasure. Quirkiness aside, the self-confessed nerd behind recent album Just Movement is awkwardly honest about his cultish following, geeky tendencies and flirtation with fame.

Robert DeLong — not quite the anti-Guetta. GETTY IMAGES

Talk me through your look — it's pretty chilled out — what's the thinking? And what's with the face paint?
I've had this hairstyle for over a decade now. Well, the whole T-shirt thing and the face paint thing came from my girlfriend really, she painted this X sort of thing on my headphones and it went from that to T-shirts and face paints.

Anything more symbolic?
I wish there were.

Would I be right in saying that you keep your look pared-down to keep your set just about the music?
I suppose in a way. I like having a uniform essentially. It's pretty simple but also memorable.

Are you starting to get a cult following of fans in your Tees with painted faces?
Yeah, it's picking up. It's cool; it's crazy.

You've said before that you're a "nerd." Does that mean you enjoy your own company?
I did spend a lot of time alone, I guess. We lived kind of far from anybody in the outskirts of Seattle, so I spent most of the time running around the yard and playing with my instruments — I was a bit of a nerd.

You've also got a bit of a thing for toys — joysticks and Wiimotes. Were you into computer games as a kid?
I was but not super though. My parents would never let me have a console — which was great, to be honest.

You were more into the techy side of computers?
I used to write text adventure programs: "You come to a tree, do you want to go left or right." They were terrible; they barely worked.

What did your friends think of that?
Friends, right? No, I did (have friends). Most of my friends were kind of computer nerds, so it kind of worked out.

Nerds have notoriously terrible dating experiences. Have you got any stories?
My favourite was eight or nine years ago. I took this girl on a date and at the end of the night there's that moment where you're, "What do I do?" Do you hug them, do you give them a kiss or is it going to go on? So I saluted her and walked away (laughs hysterically).

Bizarre! Were you better with books — science, for instance?
Science was always my favourite subject and then obviously music. I loved school. I still spend a lot of time watching TED talks and reading tech and science articles — I'm into that stuff.

Your vocals in Global Concepts mention "substances, I abused." What did you get up to?
(Laughs) Um, yeah.

Were you a bit of a stoner?
Still a stoner but shush. I live in Los Angeles so everything is OK.

MTV has labelled you one of their "Artists To Watch." Any fans taken the watching part to a creepy level?
Yeah, I've had the strange experience here and there after a show with the weird person following me around.

Have they tried to steal any of your stuff or lunged?
Oooh, the only thing that people steal are my drumsticks but I do throw them at the end at the cymbal and it'll bounce off and hit somebody in the face.

And has that MTV title added any pressure?
I think it's great. You have to go through MTV to get to the masses, so I think it's cool that they acknowledge that I exist.

Are you happy to embrace the masses?
You know, I'll take what I can get I guess.

Is that the same with girls?
No, no, I've had a girlfriend for the last four years.

You've been described as both "the anti-Guetta" and the "thinking man's Guetta." Your sound is more intellectual but do you want a slice of his fame?
I wouldn't say that I'm the anti-Guetta. Money's important to me in the sense that I can buy more gear. Fame is the same thing. If I get famous that means I'm playing to bigger audiences and more people are hearing my music and I love that.

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The Word

Rage against the dying of the light — or just pick Bieber

THE WORD
Dorothy Robinson
scene@metronews.ca

American Idol producer Nigel Lythgoe will not let the veteran reality TV show go gentle into that good night. Nope. The producer has decided to spend the big bucks to boost the sinking ratings of the show.

So who does he have his eye on? Justin Bieber, Selena Gomez, Pink and Sean "Diddy" Combs, reports RadarOnline.com.

"You can't get any bigger than Justin Bieber. The executives are calling it their dream team, because who wouldn't tune in to see Justin and Selena, Pink and Diddy?" a Fox insider tells the site. "Pink has been approached in the past and turned it down, as well as Diddy, who wanted too much money. It will cost a fortune to get them, but the show has gotten so stale that Fox is desperate for a revamp — they're willing to pay to put Idol back on top."

That means the current lineup of judges — Mariah Carey, Nicki Minaj, Keith Urban and Randy Jackson — will possibly not be returning. Apparently, the only one who's safe is Ryan Seacrest.

Instead of paying the big bucks for big names, why not pay for big personalities who actually play off of one another and are entertaining to watch?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Chris Brown GETTY IMAGES

Chris Brown says he's not ready to be 'wife-ing' Rihanna

Here is Chris Brown's explanation for breaking up with Rihanna yet again:

"I mean, at the end of the day, shawty doing her own thang, she on the road. It's always gonna be love. I'm a grown man, just gotta fast-forward ... I can't be focused on wife-ing someone that young. I need to be the best Chris Brown I can be," the 24-year-old said during a recent interview with Australian radio show The Kyle and Jackie Show.

Wait. Forgive me, as I'm elderly, but you call being a loving and supportive partner "wife-ing"? What is called "husband-ing"? Forgetting to take out the garbage?

Big Ang THE MOHEGAN SUN

Mob Wives' Big Ang canoodles with the little people

VH1's Mob Wives star Angela "Big Ang" Raiola, showed off her ample assets and abs in a leather crop top on Friday night as part of Mohegan Sun's Reality Check Tour, where fans got to take part in a Q&A with the star and get her autograph.

I love Big Ang, but I'm pretty sure when dermatologists have nightmares, this photo is what they see.

Gwyneth Paltrow, your new celebrity chef

Food. The whole no coffee, no bread, no fun approach featured in Gwyneth Paltrow's new cookbook, It's All Good, may be overwhelming, but the recipes are irresistible

ROMINA McGUINNESS
life@metronews.ca

With just a few more weeks to go before beach-body season, we thought we'd share exclusive recipes from Gwyneth Paltrow's latest cookbook It's all Good — specifically ones from the Body Building Menu.

If this meal plan is what helped 40-year-old Gwyneth get a 22-year-old stripper's butt, maybe it'll do the same for us.

And have you seen Iron Man 3?

She looks amazing, even when the girl is literally on fire.

Looking good and feeling good. HANDOUT

Recipe. Quinoa's not just for dinner anymore — add an egg and call it breakfast

Cooked quinoa is a great, useful staple to have on hand at all times, especially in the morning.

1 Heat the oil and garlic over medium heat in a small skillet until the garlic begins to soften, just 1 minute.

2 Add the shredded kale and cook, stirring now and then, until the kale is wilted, two to three minutes.

3 Add the quinoa and cook, stirring until warmed through, another two minutes. Season the mixture to taste with salt and pepper.

Serves 1

- 2 tablespoons extra virgin olive oil
- 1 garlic clove, finely minced
- 2 large leaves of kale (stems discarded), finely shredded
- Half cup perfectly cooked quinoa
- Coarse sea salt
- Freshly ground black pepper
- A poached egg or olive oil fried egg
- 1 scallion, white and light green parts only, very finely sliced

4 Place the mixture in a shallow bowl or on a plate, top with the egg, and sprinkle with the scallions.

5 Add a final grind of black pepper if you like.

From the foreword

Do does this actually work?

DR. HABIB SADEGHI
Physician

We asked osteopathic physician Dr. Habib Sadeghi, who wrote the foreword for It's All Good, to share his thoughts on the elimination diet, a cornerstone of Paltrow's book.

Is this a diet that can be maintained over long periods of time? Do we really need to cut out coffee, meat, dairy and alcohol for good, or can we continue to consume them in small amounts?

"No, it's not possible and not even necessary. There are healing diets and maintenance diets. Their purpose is very different. The body's two main functions are to build and heal, but it can't do both at the same time. Healing diets, like the elimination diet, help our bodies recover from an illness by providing it with hypernutrition, supplementation and digestive rest. It's medicinal. Once you've gotten well, it's time to switch back to a building diet so your body can repair its tissues and return your vitality."

Top 5

Dr. Sadeghi's top 5 foods for optimum health

1 Organic green vegetable juice: "You can't find a more potent, highly packed nutritious food, full of minerals and antioxidants that are immediately assimilated by the body. Avoid store juices. They're loaded with added sugars and pasteurized, which destroys the enzymes and damages the vitamins."

2 Lacto-fermented foods: "Yogurt, kefir, sauerkraut, kim chi and beet kvass supply large populations of good bacteria to your intestinal track. These probiotics boost your immune system."

3 Dairy: "Raw, unpasteurized dairy provides valuable nutrients for healing and maintenance. Switching from cow to goat's milk can make a big difference because the protein molecules in goat's milk are much smaller and easier for humans to absorb."

4 Berries of any kind: "They're packed with antioxidants. Unfortunately, berries are some of the most heavily sprayed crops, particularly strawberries, so only buy organic."

5 Wild caught sockeye salmon and grass-fed beef: "Fish oils from wild caught salmon with no risk of heavy metals are extremely important for brain function and anti-aging. Small amounts of beef are important for B vitamins and iron."

Afternoon snack: A handful of raw almonds

The ultimate crowd-pleaser, lasagna is always the answer

MAIJA MOMENTS
YummyMummyClub.ca

Whether you're looking for a family-friendly meal, an addition to your freezer-meal repertoire or something to take to a friend when they need it, lasagna is always the answer.

You can "healthy up" your lasagna by using extra-lean ground beef, whole wheat lasagna noodles and low-fat cheese. MAIJA MOMENTS/YUMMYMUMMYCLUB.CA

Ingredients

- 1 tbsp olive oil
- 2-3 cloves garlic, crushed
- 1/2 cup onion, diced
- 2 lbs ground beef
- 2 jars tomato sauce (approx. 600 ml each)
- 1 container ricotta cheese (approx. 450 g)
- 1 egg
- 1 box lasagna noodles, cooked according to package directions
- 3 cups mozzarella, grated
- 4-5 heaping tbsp Parmesan cheese, grated

1. Heat oil in a large skillet over medium-high heat. Add garlic and onions and sauté until soft. Add ground beef and cook until no longer pink. Remove from heat, add one jar of tomato sauce and stir until combined. Set aside.
2. In a separate bowl, add ricotta cheese and egg. Mix until combined. Set aside.
3. Pour 1/3 of the second jar of tomato sauce on the bottom of a 9x13 casserole dish sprayed with non-stick cooking spray. Spread so bottom of dish is covered. Add lasagna noodles to bottom of pan. Cut to fit but do not overlap. Spread 1/3 of ricotta cheese onto lasagna noodles. Top with 1/3 of beef mixture. Top with 1 cup of mozzarella and sprinkle with 1 tbsp of Parmesan.
4. Repeat two more times. Top with final layer of noodles.
5. Pour remaining sauce on top and spread to ensure all the noodles are covered in sauce. Sprinkle with remaining Parmesan cheese.
6. Cover with foil and bake in a 350 F oven for 1 hour, removing foil for last 7-10 minutes.
7. Remove from oven, tent with foil and let stand 10 minutes. Slice and serve with salad and crusty bread.

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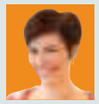

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

According to the Canadian Produce Marketing Association, the top 10 vegetables sold in Canada are:

1. Tomatoes
2. Potatoes
3. Peppers
4. Bagged salad
5. Carrots
6. Onions
7. Mushrooms
8. Cucumbers
9. Lettuce
10. Broad leaf (such as broccoli and cabbage)

Wow, are we ever mundane. With the exception of peppers, this list is somewhat innocuous in terms of flavour and nutrient value — the sort of ho-hum veggies one would expect from the bland diet of people who came here in the 1700s.

Luckily, Canada is also a land of immigration that brings imaginative flavours with it. The up-and-coming vegetables are far more interesting. They are:

1. Artichokes
2. Okra
3. Kale
4. Ginger root
5. Yams

The list is a whole range of flavours that brings to mind a more colourful, healthful plate. Take okra, for example: It is a mucilaginous (gooey), high-fibre food used in Mediterranean, Asian and Indian cooking. You can't beat its folate, calcium and potassium content, and it has the ability to absorb the most potent of flavours.

All hail okra!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

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Tonight's the night for gnocchi

20-Minute Gnocchi With Italian Sausage Sauce.
KAREN HUMPHREY/YUMMYMUMMYCLUB.CA

Ingredients

- 2 mild Italian sausages
- 1 small onion, chopped
- 1 sweet red pepper, chopped
- 2 garlic cloves
- 6-8 mushrooms
- 1 700 g bottle of passata
- 1 tsp oregano
- 1 tsp basil
- fresh pepper and salt, to taste
- 1 tbsp balsamic vinegar
- 1 tbsp honey
- 1 500 g package of gnocchi
- freshly grated Parmesan cheese

1. Put a large pot of water over medium-high heat to boil.
2. In a large, deep fry pan, sauté sausage over medium heat, breaking it up and stirring until no longer pink. Push to the edge of the pan and drain off all but a few tablespoons of fat, then stir in the onion and red pepper. Cook until they're softened. Add the garlic and cook, stirring, until fragrant, and then add mushrooms, cooking just long enough to soften them up a bit.
3. Pour in the bottle of passata and turn the heat down. Stir and heat through. Stir in the oregano, basil, salt and pepper, vinegar and honey. Let the sauce cook while you move on to the gnocchi.
4. When the water in the large pot you had going boils, dump in the gnocchi and let them cook until they float to the top. Remove them from the water with a slotted spoon and divide among some bowls. Spoon the sausage sauce over top and top with freshly grated Parmesan.

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The Spark: Defying the experts on autism

Nurturing Genius. Book details how a mother took son out of special education to work with him herself

RITA POLIAKOV
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Kristine Barnett with son Jacob. DREW ENDICOTT

When Kristine Barnett's autistic son was three years old, she was told he would never learn to read. Now, at 14, Jacob is taking graduate-level classes at Indiana University-Purdue University Indianapolis.

Before leaving fifth grade for college, Jacob taught himself calculus, started working on an original theory in astrophysics and, several months after being told he couldn't, taught himself how to read.

"He's defied not just the experts on autism, but the experts on prodigy. He's social, relatable, he has friends," said Barnett, author of The Spark: A Mother's Story of Nurturing Genius (Random House of Canada Limited).

Barnett's novel, which was released in April, chronicles her journey with Jacob, who was diagnosed with moderate to severe autism as a toddler.

"The delays (experts) saw on social skills in daily functioning were so significant. Making eye contact is a skill a two-month-old has. Jacob was probably seven before he started to make eye contact again," said Barnett, who lives in Indiana.

After realizing how low experts set the bar for her child, Barnett decided to take Jacob out of special education and work with him herself, a decision even her husband was against.

"That was the scariest decision I've ever made in my life," she said. "People just really thought I was nuts."

But Barnett was determined. By focusing on the things Jacob could do, like create a map from memory with Q-tips, Barnett was able to teach her son to do the things he couldn't, like have a conversation. It was this philosophy that encouraged Barnett to write The Spark.

"The only person who is truly an expert in their child is the parent. I really believe in parents. We have the capacity to know what works for our child. I wanted to give moms the permission to follow their child's instincts," she said.

Writing The Spark wasn't always easy for Barnett.

"I tried to be very open and transparent," she said.

This meant discussing the family's serious financial issues during the recession and the death of one of Jacob's close friends, an autistic boy named Christopher who was hit by a school bus.

Jacob was supportive through the writing process.

"It's kind of fun to see him joking about revisiting these childhood memories. Telling jokes about things I was so worried about and how he wasn't worried at all. He was just doing his thing," Barnett said.

Learn more

Temple Grandin is another advocate of focusing on strengths rather than weaknesses when it comes to treating autism. Grandin, who was diagnosed with autism before much was known about the disorder, co-wrote The Autistic Brain: Thinking Across the Spectrum, with Richard Panek.

The book, published by Thomas Allen & Son, does exactly what its title suggests. Grandin, a professor and doctor of animal science, explores how brain science is linked to behaviour while weaving in her own experiences. For more information, visit thomasallen.ca and search for the title.

Play for all the marbles — or not

YOUR MONEY
Alison Griffiths
money@metronews.ca

Marbles aren't exactly a common possession these days. But let's say you have a retro friend who happens to have one clasped in each hand.

One is red, the other black. You are required to enter the game she proposes (never mind why) and ante up $10 for the privilege.

If you correctly guess which colour is in which hand you win a 10 spot and break even. If you pick wrong you must pay another $10. You do have the choice of just paying the entry fee but not actually playing.

You'd lose the $10 entry fee but avoid risking losing another ten by guessing wrong.

What do you do? 1. Take the loss of $10 and risk no further loss. 2. Take a gamble and play on 3. Not sure.

Before you tell the retro friend to take her marbles and go home, consider what your answer says about your money personality. The Brandes Scholarship Program (brandesscholarship.ca) has created a fun, 18-question quiz for students and young adults, aged 16 to 22. It's designed to measure risk tolerance, attitudes to spending and interest in financial matters.

I'm a sucker for quizzes so I plunged in. My answer to the question above, by the way, was No. 2. I hate to spend money without having a chance of getting something for it. Overall, I scored high in financial interest (no surprise there), slightly above neutral in risk taking and just a fraction more toward saving than spending.

The quiz is part of the Brandes Scholarship Program, which provides 10 $1,000 awards based on a 400 to 600 word essay describing what the student learned from taking the quiz.

This is a great way to encourage the money conversation with a nice chunk of change for 10 winning Canadians. And the timing is excellent too. Hopefully, young people are embarking on summer jobs and many will be saving and spending their first earned dollars. The deadline is July 2.

Young people are embarking on summer jobs. Perfect time to start the money conversation. ISTOCK IMAGES

POSITIVELY SHIFTING PERCEPTIONS

ENGAGE OTHERS ABOUT MENTAL HEALTH ISSUES

DIGITAL VISION/THINKSTOCK

Our mental health is just as important as our physical health. When we are mentally healthy it improves our overall health and well-being and we enjoy life and everyone in it.

All Canadians — not just adults — should be aware of their mental health. Without an understanding of our mental health, it's difficult to know why we feel low, stressed or anxious at certain times and how we can manage these feelings.

This year, the theme for the Canadian Mental Health Association's 62nd annual Mental Health Week, which runs from May 6-12, is Youth Mental Health.

While the CMHA's tagline, Mental Health for All, will still be used as an important broader theme during Mental Health Week, the focus is being placed on the mental health problems experienced by young people between the ages of 15 and 24.

"An important part of the youth theme will be the role of parents, teachers and other caregivers as they continue to play a key part in the lives of youth and provide critical support," says Peter Coleridge, the national CEO of the CMHA.

The statistics are staggering. It's estimated that 10 to 20 per cent of Canadian youth are affected by some form of mental illness, such as anxiety, depression or an eating disorder, and up to 70 per cent of young adults living with mental illness report that the symptoms started in childhood.

Suicide is the leading cause of death in 15- to 24-year-old Canadians. Every year, 4,000 young men and women die prematurely when they choose to end their life. Sadly, Canada's suicide rate is the third highest in the industrial world.

During Mental Health Week, people from all walks of life are encouraged to learn, talk, reflect and engage with others on all issues relating to mental health and mental illness. "The more conversations that take place, the more people will understand mental health and we will positively shift perceptions and behaviours about mental health," Coleridge says.

For more, and for a list of Mental Health Week events and activities in your community, visit mentalhealthweek.ca.

– Jane Doucet

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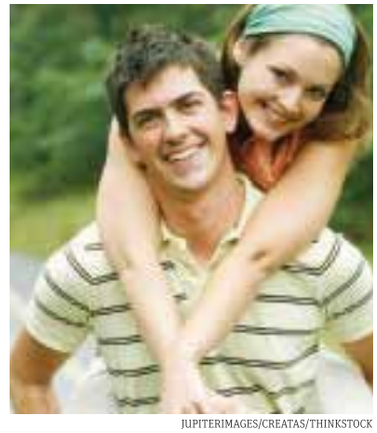

JUPITERIMAGES/CREATAS/THINKSTOCK

Founded in 1918, the Canadian Mental Health Association is one of the oldest not-for-profit organizations in Canada. With more than 10,000 staff and volunteers in hundreds of communities across Canada, CMHA provides vital services and support to more than half a million Canadians every year.

As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support their recovery from mental illness. At the local level, CMHA offers a wide range of specialized mental health programs and services to people experiencing mental health issues, as well as their families. These services are tailored to the needs of each community in which they are based.

"One of our main goals during Mental Health Week, but also throughout the year, is to provide information, resources and the practical strategies and advice required for people to develop the personal tools they need to maintain and support their mental health and lead meaningful and productive lives," says Peter Coleridge, the national CEO of the CMHA.

During Mental Health Week from May 6-12, CMHA locations across Canada will hold seminars, host open houses and set up community information booths.

To learn more about the Canadian Mental Health Association, visit cmha.ca.

Why is your mental health so important?
Mental health is an essential part of your overall health. Mental health is more than just the absence of mental illness. It's a state of well-being.
CMHA's 62nd ANNUAL MENTAL HEALTH WEEK 2013
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NOT YOURSELF TODAY? ADVICE IS AVAILABLE

Perhaps you couldn't sleep last night because you were worrying about the upcoming workday. When it was time to get up, maybe you decided you couldn't face your boss or co-workers, so you called in sick.

You aren't alone. Every day, 500,000 Canadians miss work due to mental health issues. The good news is that help is at hand.

A national organization called Partners for Mental Health is collaborating with the Canadian Mental Health Association (CMHA) on a workplace mental health campaign called Not Myself Today, which launches on May 9.

Interested employers will receive an easy-to-use campaign toolkit with everything they will need to organize a workplace event, including resources, posters and details about how to make it happen.

To help promote mental health, employers are also being encouraged to get their staff to take part in Not Myself Day @ Work on June 6, which wraps up the month-long campaign.

The benefits of these efforts to companies' bottom lines can be astounding — some estimates are that up to 25 per cent of the costs of mental health issues to employers can be avoided.

This is an opportunity to be known as a forward-thinking organization that supports mentally healthy workplaces, not to mention reaping the longer-term rewards of improved employee well-being, productivity and lower disability claims.

One of the goals of the campaign is to raise funds to support CMHA workplace mental health initiatives, including its Mental Health Works program and annual Bottom Line Conference.

"We want employers to step up and help us reach as many Canadians as possible," says Peter Coleridge, the national CEO of the CMHA. "You'll be investing in improved mental health in your workplaces, which positively impacts overall employee health and productivity."

For more about mental health in the workplace, visit notmyselftoday.ca/home.

– Jane Doucet

HOW CAN YOU HELP?

Employers and co-workers can help create a mentally healthy workplace in these ways:

- Listen, engage in discussion and be supportive.
- Pay attention to your own mental health and well-being.
- Support a colleague who is living with a mental health condition or illness.
- Engage your work peers to challenge the negative stereotypes and attitudes that exist around mental illness.

BRAND X PICTURES/THINKSTOCK

Advertising Feature

BREAKING DOWN THE BARRIERS OF MENTAL HEALTH

The Ontario Mental Health Helpline creates a whole new level of accessibility and support!

1 in 5 Canadians will experience a mental health issue in their lifetime!

Almost 50% of calls come from family members or concerned friends!

"I'm not sure if this is the right phone number but I really don't know where to start" is a common refrain heard by the Information and Referral Specialists who answer the Mental Health Helpline.

Finding answers when feeling overwhelmed and struggling with a mental illness or trying to find help for family and friends can be difficult when you don't know how or where to begin. The Mental Health Helpline provides information about mental health services in Ontario. The helpline is funded by the Government of Ontario and the service provides live answer, email or web chat 24/7, confidential, free and anonymous.

"Our interaction goes beyond providing correct information; it's about taking time to truly hear what a caller needs", says Tricia Korbut, Supervisor of the Mental Health Helpline, a service of ConnexOntario. ConnexOntario also runs the Ontario Problem Gambling and Drug and Alcohol Helplines. "If you've never had to reach out for help before or were afraid to seek help because of the perceived stigma of mental illness, then making that first phone call can be a leap of faith."

"No two calls are the same. We've heard some traumatic stories and heartache but we've also heard stories of resiliency and success", says Tricia. "Often the simple act of listening is cathartic. Being heard, respected and understood builds the foundation for a successful call and increases the likelihood that the caller will continue to reach out to services in their own community."

Not everyone has access to a phone or feels comfortable communicating by phone, so being able to provide alternatives is valuable. The medium may be different but the goal is the same—accurate information, delivered in a timely manner by professionals who care.

Mental Health Helpline

1-866-531-2600
www.MentalHealthHelpline.ca

Search for @ConnexOntario on Twitter or ConnexOntario Health Services Information on Facebook

Ontario

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CFL

Ticats select Gaydosh with first-overall pick

The Hamilton Tiger-Cats selected Calgary Dinos defensive lineman Linden Gaydosh first overall in the CFL draft.

The six-foot-three, 314-pound Gaydosh was the third-ranked prospect for the draft by the CFL's scouting bureau but solidified his status with an impressive showing at the league's combine in March.

Winnipeg took Eastern Michigan defensive lineman Andy Mulumba at No. 2 and Montreal selected Calgary linebacker Mike Edem at No. 3.

THE CANADIAN PRESS

Arrested

Ex-Blue Jay faces drug charges

Former big-league outfielder Otis Nixon has been arrested on drug charges following a weekend traffic stop in suburban Atlanta.

Nixon was pulled over just after midnight Saturday after another driver called police to report a Dodge Ram truck weaving all over the road, according to an incident report from the Cherokee County Sheriff's Office. The 54-year-old remained in jail Monday afternoon on $11,880 US bond.

Officers found a pipe for smoking crack cocaine in Nixon's pants pocket and found a suspected crack rock in the driver's seat, the report says. They later found another pipe and more suspected crack rocks in the floor board of the driver's side, as well as other paraphernalia.

THE ASSOCIATED PRESS

NBA

Melo 'meant more to his team': Writer

The only writer who did not choose LeBron James of the Miami Heat as the NBA's Most Valuable Player believes Carmelo Anthony "meant more to his team" this season.

Gary Washburn of The Boston Globe says Anthony made the New York Knicks relevant again by leading them to their first division title in nearly two decades.

THE ASSOCIATED PRESS

How many fingers am I holding up?

Boston Bruins defenceman Zdeno Chara gives Toronto Maple Leafs forward Colton Orr a taste of leather during a scrum in Game 3 of their Eastern Conference quarter-final series in Toronto on Monday. For the story, go to metronews.ca. STEVE RUSSELL/TORSTAR NEWS SERVICE

Blue Jays starting from the bottom

MLB. Toronto stuck in last place in AL East with underwhelming big-name talent

Jose Bautista and the Blue Jays can only look up as they have bottomed out in the AL East to start the season. NATHAN DENETTE/THE CANADIAN PRESS

A season that started with loads of promise is quickly turning into a year to forget for the Toronto Blue Jays.

The team acquired plenty of big-name talent in the off-season and was expected to contend in the American League East. Instead, the Blue Jays are stuck in last place in the division and are among the worst clubs in Major League Baseball.

Toronto was flat out of the gate and has been unable to win more than two games in a row. The Blue Jays appear to have the talent but the team has been consistently outplayed and has an 11-21 record as a result.

"We're digging a pretty good hole right now, no question about it," manager John Gibbons said during a pre-game availability Sunday.

The Blue Jays went on to blow out the Seattle Mariners 10-2 to finish their six-game homestand with a 2-4 record. Toronto will try to build on the victory this week with a four-game series that began Monday at Tampa Bay.

It's still early May but the reality is the Blue Jays' chances of reaching the post-season appear slim at best.

A 93-win total was needed for an American League wild-card berth last year. Toronto would need to play at a .631 clip the rest of the way to reach that plateau.

To put that in perspective, only the National League East champion Washington Nationals — at .605 — finished the 2012 season over the .600 mark.

The Blue Jays need an immediate improvement in almost all areas of their game to have any hope of getting back in the mix in the AL East.

Quoted

"The best thing we can do is keep hoping and ask our fans to keep fighting this battle with us."

Blue Jays outfielder Rajai Davis

There have been a few positives in the early going.

Sluggers Jose Bautista and Edwin Encarnacion have shown some pop at the plate. Catcher J.P. Arencibia is off to a solid start and closer Casey Janssen has delivered.

However, the list of negatives is a long one.

The retooled starting rotation has been weak. The big-name additions have been disappointing with inflated numbers the norm.

Ace R.A. Dickey is 2-5 with a 5.36 ERA. Josh Johnson, currently on the disabled list with inflammation in his right triceps, is 0-1 with a 6.86 ERA while Mark Buehrle is 1-2 with a 6.43 ERA. THE CANADIAN PRESS

4 SPORTS

Canadien's rant sparks walrus fund

Senators coach Paul MacLean talks to the media. SEAN KILPATRICK/THE CANADIAN PRESS

'Adopt Prust a Walrus'.

Habs fans use Brandon Prust's trash talk to benefit a worthy cause

Two Montreal Canadiens fans are trying to put a positive spin on some of the nastiness that has surfaced during the Habs' playoff series with the Ottawa Senators.

They're using Brandon Prust's reference to Ottawa coach Paul MacLean as a "bug-eyed, fat walrus" to help raise funds for worthy causes.

The Montreal forward made the comment after MacLean's reaction to the bloody hit on Canadiens centre Lars Eller by Eric Gryba in Game One.

MacLean blamed Raphael Diaz for making a dangerous rink pass to Eller.

Ashley Marah says she doesn't have any ill will toward MacLean or the Senators, but that it's a great way to promote awareness about the threatened mammal.

The stuffed walrus for Prust cost about $40. That donation will go to the World Wildlife Federation's conservation efforts.

THE CANADIAN PRESS

NHL awards

- Montreal Canadiens right-winger Brendan Gallagher, Florida Panthers centre Jonathan Huberdeau and Chicago Blackhawks left-winger Brandon Saad were named finalists for the Calder Memorial Trophy on Monday.
- The award goes to the top rookie, and the winner will be announced during the Stanley Cup final.

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Raonic pounds the clay

Milos Raonic serves against Nikolay Davydenko of Russia during Day 3 of the Mutua Madrid Open tennis tournament in Madrid, Spain. Raonic continued his tuneup for the French Open with a 7-5, 7-6 (7-5) first-round win over Davydenko on Monday. JULIAN FINNEY/GETTY IMAGES

London sports. Hall of Fame announces 2013 inductees, new website

The London Sports Hall of Fame has announced this year's inductees and unveiled a new website aimed at creating more buzz about local sports achievements.

A Nov. 7 ceremony is planned at Western Fair District to honour the athletes.

The hall of fame's new website — londonsportshalloffame.com — was made possible through a $9,500 Ontario Trillium Foundation grant. It includes a look back at the 63 individuals and seven teams honoured since hall of fame inductions started in 2002.

METRO

2013 inductees

The inductees, all of whom lived or competed in the area, are:

- **Craig Simpson,** an NHL star who won two Stanley Cups with the Edmonton Oilers.
- **Willie Weiler,** an Olympic gymnast and coach.
- **Bob Vigars,** coach of multiple championship track, field and cross country teams at Western University.
- **Barry Howson,** a Team Canada and college basketball star.
- **Russ Evon,** basketball and softball standout and longtime hockey referee.
- **Ted Dilts,** a multi-sport promoter and sponsor.
- **Fanshawe College's** 1989-90 and 1990-91 men's basketball championship teams.

METRO

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You seem to think that you need someone's approval to follow a certain course of action. That's not like you at all – and it isn't true either. Have the courage to follow your own path in future.

♉ Taurus
April 21 - May 21
The things you do touch the lives of those around you. Before you start something new today, ask yourself how it might affect friends, family and colleagues. Only proceed if the results will be positive.

♊ Gemini
May 22 - June 21
Regret is a useless emotion, don't wallow in it, just accept it and move on. The Sun in Taurus at this time of year can make you pessimistic, but life is still good – and so are you!

♋ Cancer
June 22 - July 23
If you are convinced that a certain course of action is right then follow it no matter what. Cancer is a Water sign and your intuition is sharp, so listen to your hunches.

♌ Leo
July 24 - Aug. 23
You may think you are entitled to a larger share of whatever rewards are on offer but this is not the best time to push your claims too hard. Wait and see what Friday's eclipse brings your way.

♍ Virgo
Aug. 24 - Sept. 23
Soon you could find yourself doing things that just weeks ago you wouldn't have dreamt about. When change happens it tends to happen fast, so be ready.

♎ Libra
Sept. 24 - Oct. 23
Because life is so easy you tend to coast along without putting too much effort into what you are doing. Which is fine, but think how much more you could achieve if you did get serious.

♏ Scorpio
Oct. 24 - Nov. 22
Worry never solved anything, so control your fears and start looking for ways to improve your lot. Remember: you are where you are for a reason. Find out what that reason is and work with it.

♐ Sagittarius
Nov. 23 - Dec. 21
Despite what some people might say you are more than just an accident of the universe – there is meaning to your existence. Focus on what that meaning is and you could have a life-changing insight.

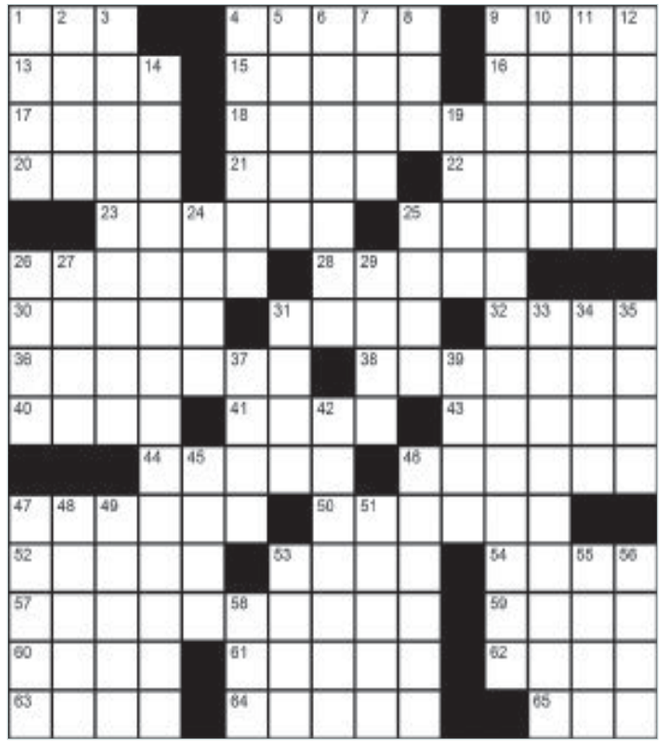
♑ Capricorn
Dec. 22 - Jan. 20
Your rivals may have more experience than you but you have drive and determination. Most important of all though is your clarity of thought: you know what it is you want – and you'll get it.

♒ Aquarius
Jan. 21 - Feb. 19
Focus on the lighter side of life today. Stop worrying about the world and its woes and just have fun for a change.

♓ Pisces
Feb. 20 - March 20
You're not a casualty in the game of life, so stop acting like one. According to the planets the next few days will throw up some wonderful opportunities. SALLY BROMPTON

Crossword: Canada Across and Down

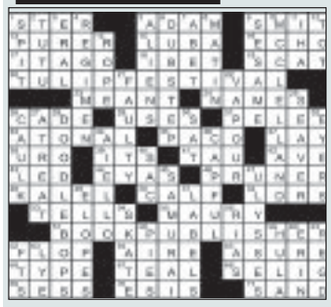
BY KELLY ANN BUCHANAN



Across
1. Quebec locale, __-Beauport
4. Hell
9. Immense
13. Awestruck
15. "_ __ be goin' now."
16. Sudbury landmark, __ Superstack
17. Contented cat's call
18. Hard rock trio from Toronto: 2 wds.
20. Mr. Carvey
21. New newts
22. Ex of celebs George and Rod
23. George Orwell's Nineteen __-Four
25. :)
26. Earth's third biggest island
28. Baseball great Mr. Ryan
30. Cheering-on person
31. __ Beach, Florida
32. Tranquil
36. An aquarium recreates it: 2 wds.
38. Aficionado
40. Garden __
41. Golds, in Spain
43. __ water (Up the proverbial creek): 2 wds.
44. Montreal metro station, Cote-__
46. Nuts
47. "Madonna: Truth __ __" (1991)
50. Cyberspace: 2 wds.
52. Gets introduced to
53. Weather without water
54. Carpentry tool
57. British Columbia city
59. Anastasia's dad's job
60. Prince William, for one
61. Be an Alps communicator
62. Eight: Spanish
63. Li'l elevations
64. Farm equipment company, John __
65. Montreal football players, to fans

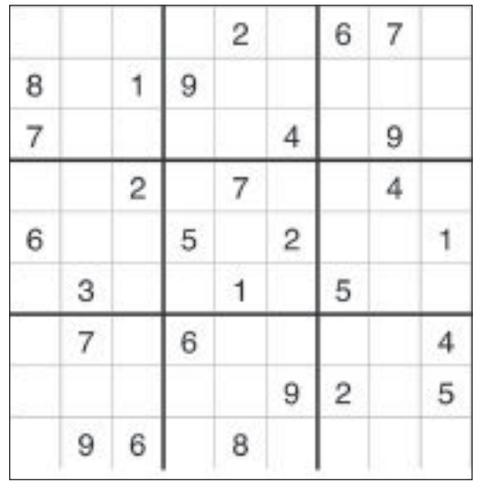
Down
1. Force in California's largest city (acronym)
2. Water: Spanish
3. Sitcom set in fictional Dog River, SK: 2 wds.
4. Cab Calloway's signature syllables
5. Toward the stern
6. Chewing gum brand
7. Edmonton's CFL team's website, __.com
8. Pou __ (Vantage point)
9. James Ehnes' recent Juno-winning album: 'Tchaikovsky: __ __'
10. Year's historic record
11. CSI part
12. "I Just Called __ I Love You" by Stevie Wonder: 2 wds.
14. Inglis __ __ National Historic Site, in Manitoba
19. Early-'80s hit: "She's a Bad Mama __"
24. "The Facts of Life" actress Ms. Jewell
25. Blackthorn fruit
26. Shrub
27. Cream-filled cookie
29. Commands, for short
31. Green: French
33. Alberta river
34. Kings of __ (Rock band)
35. NY baseball team
37. Golfer's warning!
39. Opinion
42. Cycled better than
45. In the past, in verse
46. Hawk
47. D-Day beach
48. "__ Without a Cause" (1955)
49. Money-spent transaction
51. Job seeker's interviewer
53. "...friend or __?"
55. Montreal-born humourist, Mort __
56. Amateurs' antonyms [abbrv.]
58. Mr. Barrett of Pink Floyd

Yesterday's Crossword



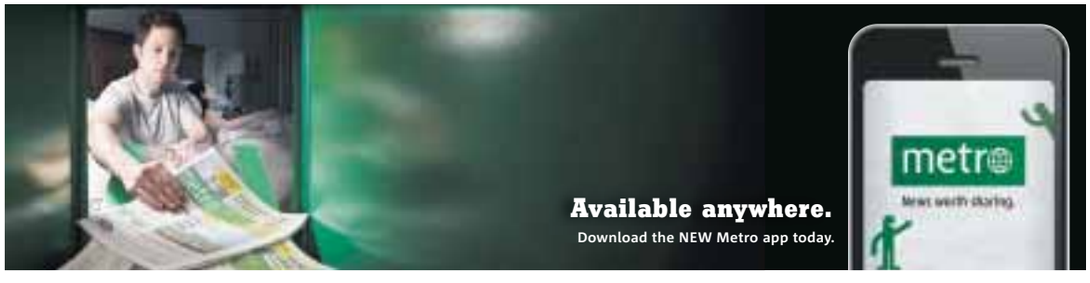
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

1	9	2	4	6	7	5	8	3
7	5	6	8	1	3	9	2	4
4	8	3	9	2	5	6	7	1
8	7	5	2	4	6	3	1	9
9	3	4	1	5	8	2	4	7
2	4	1	7	3	9	8	6	5
8	6	9	3	7	1	4	5	2
5	1	4	6	9	2	7	3	8
3	2	7	5	8	4	1	9	6



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